

# SAFETY BULLETIN

## SB01-025 DISTRACTORS TO DRIVING

July 2001 (Initial)

When you are at the controls of any vehicle, it is important to remember that defensive driving is a full-time job. The most dangerous mile you have to drive is the one directly ahead of you. Anyone can drive perfectly for 10 feet, 100 feet, or even one mile; however, the driver that is distracted and not paying attention to the road may not even make 10 feet down the road. Each year an estimated 284,000 distracted drivers are involved in serious accidents. The following three categories of distractors provide the event that reduce, if not completely disrupts our concentration on controlling our vehicle while we are driving.

### **Distractors outside the vehicle (29.4%):**

- Vehicles turning and stopping in front of a distracted driver.
- Emergency vehicles, vehicles with bright lights and sunsets also affect the driver's vision or concentration.
- Swerving vehicles because of animals, trash, broken glass and children playing in the roadway.
- Road construction presents distractions along with trees/brush obstructing a driver's vision.

### **Distractors inside the vehicle (36.4%):**

- Passenger's talking, arguing, yelling, reaching and fighting with the driver or other passengers. Taking care of infants and children can distract a driver.
- Adjusting the radio, cassette, CD, climate control, mirrors and or wipers.
- Eating, drinking, smoking and using the cell phone while driving.
- Trying to swat an insect or take care of spilled groceries or a spilled drink.

### **Other Distractors (25.6%):**

- The driver or passenger may have a heart attack, blackout, consciousness, seizure, and blurred vision from taking medication.
- Looking at road signs, other vehicles, for a gas station or a store and not paying attention to what is in front of you.
- Looking for miscellaneous items while driving such as: a map, papers, mail, pens, medicines, wallet, sunglasses and address book.

### **Unknown Distractors (8.6%).**

There are many distractions on today's highways for the average driver. The next time you are on the road, think about what you are doing and do not become a statistic.